



# CENTRAL@RLK

## POLICIES AND PROCEDURES

### 6.5 - FOOD AND DRINK

#### Policy statement

Central@RLK regards snack and meal times as an important part of the day. Eating represents a social time for children and adults and helps children to learn about healthy eating.

Central@RLK promotes healthy eating using a variety of resources and materials. At snack and meal times, Central@RLK aims to, in conjunction with parents, provide nutritious food, which meets the children's individual dietary needs.

#### Procedures

Central@RLK follows the following procedures to promote healthy eating in our setting.

- Before a child starts to attend the setting, Central@RLK finds out from parents their children's dietary needs and preferences, including any allergies.
- Central@RLK records information about each child's dietary needs in her/his registration pack and parents sign the record to signify that it is correct.
- We regularly consult with parents to ensure that our records of their children's dietary needs - including any allergies - are up-to-date. Parents sign the up-dated record to signify that it is correct.
- Central@RLK encourages parents to provide foods from the diet of each of the children's cultural backgrounds, providing children with familiar foods but introducing them to new ones.
- Central@RLK takes care to ensure that food containing nuts or nut products are not provided for children by their parents and are especially vigilant where we have a child who has a known allergy to nuts. If nuts or products containing nuts are provided for a child, Central@RLK reserves the right to with-hold the food from the child, providing a healthy alternative to this item (such as raisins or crackers).
- Central@RLK requires staff to show sensitivity in providing for children's diets and allergies. Staff do not use a child's diet or allergy as a label for the child or make a child feel singled out because of her/his diet or allergy.
- Central@RLK organises meal and snack times so that they are social occasions in which children and staff alike participate.
- Central@RLK uses meal and snack times to help children to develop independence through making choices and feeding themselves.
- Central@RLK encourages independence by providing squash in a lidded jug and allows all children to pour their own drink.
- Central@RLK provides children with utensils that are appropriate for their ages and stages of development and that take account of the eating practices in their cultures.
- Central Pre-school has fresh drinking water constantly available for the children. The staff inform the children about how to obtain the water and that they can help themselves or ask for water at any time during the day.



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- Central@RLK informs parents about the storage and heating facilities available in the setting.
- Central@RLK gives parents information about suitable containers for food.
- In order to protect children with food allergies, Central@RLK discourages children from sharing and swapping their food with one another.
- For children who drink milk, Central@RLK provides semi-skimmed milk.

### *Packed lunches*

#### *Central@RLK*

- ensures perishable contents of packed lunches are refrigerated or contain an ice pack to keep food cool;
- informs parents of our policy on healthy eating;
- informs parents that we have facilities to microwave cooked food brought from home;
- encourages parents to provide sandwiches with a healthy filling (i.e. not chocolate spread or jam), fruit, and dairy or milk based item such as yoghurt or crème fraîche or cheese.
- does not allow sweet drinks and provides children with water or squash during mealtimes;
- discourages packed lunch contents that consist largely of crisps, processed foods, sweet drinks and sweet products such as cakes or biscuits. Central@RLK reserves the right to return this food to the parent if the quantities of these items are deemed excessive;
- provides parents with a list of do's and don'ts regarding lunchbox contents.
- provides children, bringing packed lunches, with plates, cups and cutlery as necessary; and
- ensures staff sit with children to eat their lunch so that the mealtime is a social occasion.

### *Party Food, Cooking or Events*

Central@RLK occasionally holds end of term parties or undertakes cooking activities and special events such as Cultural Week. Where this is the case, Central@RLK

- ensures staff members are fully aware of children's individual dietary needs and take these into consideration when planning the menus;
- implements systems to ensure that children receive only food and drink that is consistent with their dietary needs and preferences as well as their parents' wishes;
- plans the menu or meal plan in advance, involving children and parents in the planning wherever possible;
- display's the menus or meal plan for the information of parents;
- provides balanced and nutritious food on our menu's or meal plans (avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings).
- include a variety of foods from the four main food groups in our menus' or meal plans:
  - meat, fish and protein alternatives;
  - dairy foods;
  - grains, cereals and starch vegetables; and
  - fruit and vegetables.
- through discussion with parents and research reading by staff, Central@RLK obtain information about the dietary rules of the religious groups to which children and their parents belong, and of vegetarians and vegans, and about food allergies. We take account of this information in the provision of food and drinks.



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- provides a vegetarian alternative if meat or fish are offered and make every effort to ensure Halal meat or Kosher food is available for children who require it.

### *Cooking and Reheating Food*

- All staff members handling food will hold an appropriate Food Hygiene Certificate or be supervised whilst handling/heating food.
- Any food items which are reheated or cooked on site will be checked to ensure they are at a safe temperature using a food probe; the details of which will be recorded in the 'Food Record Book'.
- After each use, the probe will be cleaned using a probe wipe.

### *Food Poisoning*

- Central@RLK notifies Ofsted of any food poisoning affecting two or more children looked after on the premises as soon as is reasonably practicable, but in any event within 14 days of the incident.

### **Legal framework**

- Regulation (EC) 852/2004 of the European Parliament and of the Council on the hygiene of foodstuffs

### **Further guidance**

- Safer Food, Better Business (Food Standards Agency 2008)

### **Other useful Pre-school Learning Alliance publications**

- Healthy and Active Lifestyles for the Early Years (2012)
- Nutritional Guidance for the Under Fives (2009)

This policy was adopted at a meeting of	<b>Central@RLK</b>
Held on	<b>27<sup>th</sup> July 2015</b>
Date to be reviewed	<b>July 2016</b>
Signed on behalf of the management committee	
Name of signatory	<b>Rebecca Davies</b>
Role of signatory (e.g. chair/owner)	<b>Chairperson</b>